



September 2024 – Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
2	CLOSED FOR LABOR DAY	3	Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4	Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5	(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	6	BBQ chicken (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
9	Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll* Fresh fruit	10	(V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11	Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	12	Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	13	(V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16	Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17	(V) Whole grain pizza* Garden salad Fresh fruit	18	Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	19	(V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	20	(V) Spinach manicotti (V) Winter blend vegetables Whole wheat bread/butter* Fresh fruit
23	Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24	(V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	25	Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	26	Chicken w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	27	Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
30	Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit								Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider

(V) Vegetarian meal *Whole grain
#Gluten free ^Vegan